



Mishawaka Communicator



Working together to build the "Best Hometown in America" by delivering exceptional services, promoting safe and clean neighborhoods, elevating the quality of life, and inspiring pride in our community.

Dave Wood, Mayor

www.mishawaka.in.gov

May 2012

A Letter from Mayor Dave Wood



Dear Friends and Neighbors,

It is rare that a day goes by where I don't witness countless examples of neighbor helping neighbor, volunteers performing vital community service or citizens doing good deeds. This spirit of service is inspiring to me and is one of the many reasons that I believe make Mishawaka a great city to live, work raise a family and retire in.

The City tries to capture the essence of this community spirit with various initiatives and partnerships with vital service providers such as faith-based organizations. One program that I am particularly proud of is the Summer of Service Program. The initiative began in 2007 as a local spin-off of the Group Work Camps Program that the City of Mishawaka co-sponsored. Paul Baldwin of River Valley Church and Roger Shields, Construction Manager for the City of Mishawaka were instrumental in the origination of this project. The goal of Summer of Service is to provide a collaborative effort between the City and area churches to make an impact in our community through "random acts of kindness" and outreach activities. Volunteers give their time to help the elderly, disabled, and low- to moderate-income households perform exterior cosmetic upkeep on their homes. These activities could and may include painting, siding, landscaping, clean-up and minimal repairs.

On a given day, 20 or more volunteers will be working to weatherize, scrape, and repaint the exterior of a home, replace rotted lumber and complete many other small repairs that will revitalize the home. Meals for the workers are provided by volunteer groups from area churches. During the "Student Week-End" from June 14 – 17, approximately 300 students will stay at Bethel College's Everest-Rohrer Auditorium. These volunteers will complete city beautification projects such as mulching and weed-

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Preventing Shoulder Pain & Injury

Advice from Saint Joseph Regional Medical Center

Your shoulder has the widest range of motion of any joint in your body. This flexibility allows you to do everything from throwing a baseball and swinging a tennis racket to lifting and moving equipment or materials at work or at home. But, the joint's structure makes your shoulder vulnerable to injury.

The shoulder is inherently unstable due to its bony structure. It's like a golf ball on a tee, with the rounded end of the upper-arm bone moving within the end of the collarbone. This allows a great deal of motion at the expense of structural robustness, since a number of muscles that go across the shoulder joint -- including the rotator cuff -- are subject to pinching or tearing over time.

Age, strain or overuse (in the case of rotator-cuff tears) can combine with the shoulder's unstable structure to cause injuries, necessitating physical therapy or surgery. The following tips will help you prevent shoulder pain or injury and maintain a full range of arm motion.

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Spring/Summer Codes

Code Enforcement would like to take this opportunity to remind property owners of their responsibility concerning tall weeds/grass on their properties. This would include any weeds at the curb line growing up between the curb and the asphalt.

Also, property owners are responsible for maintaining the grass, bushes and any overgrowth into the alleys. Vehicles can be scratched (and trash and utility vehicles can be restricted access) by bushes and other growth extending out into the alleys.

If you have any questions regarding these issues, please feel free to contact the Mishawaka Code Enforcement Department between the hours of 8:30 a.m. and 4:45 p.m. M-F Friday at 258-1612.



- Soda and sports drinks are loaded with sugar; hydrate your children with water.
- Be a positive role model for your child; add at least 30 minutes of physical activity to your day.
- A child is more likely to try something new at dinner if he/she helped to prepare it; make dinner with your child.

A Letter from Mayor Dave Wood (continued)



Before



After



Before



After

ing parks, picking up trash along Main Street and Grape Road, painting park restrooms and structures and complete home improvement and repair projects. On various weekends throughout the summer, teams of student and adult volunteers from these participating area churches will be performing services for our community such as \$1.00 car washes—they give \$1.00 to every person who gets their car washed! They hand out bottled water and collect supplies for local schools.

Last year, the City of Mishawaka had a total of eight (8) projects funded and currently are planning four (4) projects this year. One project is currently scheduled and we are presently taking applications through our Redevelopment Department for the remaining projects. I am excited to see the impact that the Summer of Service Program has on individual lives and our community as a whole.

To be considered for the Summer of Service program, residents must apply and meet household income limits as established by HUD, as well as meet Redevelopment Department program guidelines. The current household income limit for a household of four (4) is \$47,500. Qualified elderly and/or disabled applicants will be given priority. To complete an application for consideration, contact Marilyn Nelums, Program Coordinator in the City of Mishawaka's Redevelopment Department at (574) 258-1668.

Mayor Dave Wood



Preventing Shoulder Pain & Injury (continued)

Adjust your posture

Irregular posture is the root of most shoulder problems.

We live and work in a society in which we spend a large amount of time sitting at a desk or driving a car. These activities make our muscles tight and shoulders rounded, restricting arm motion.

With the shoulder's vulnerable muscles misaligned, lifting something or throwing a ball can cause injury. To avoid this, practice "postural awareness," which involves strengthening your shoulder-blade muscles with exercise and standing and sitting up straight.

Stretch and strengthen

Stretching and strengthening exercises are the keys to preventing shoulder pain and injury.

Strengthen your shoulder muscles by stretching your arms in front of you, behind you and over your head in a jumping-jack formation. You can do a few repetitions of each a few times a day to loosen tight muscles, always staying aware of your posture.

If you plan to begin a sport that involves intense shoulder motion, such as tennis or baseball, it's recommended that you do an exercise program that begins with shoulder stretches and shoulder-blade pinches, which involve repetition of shoulder-blade squeezes. Later, add weight lifting to increase intensity.

When to see a doctor

See a physician if you experience shoulder pain. Seek help sooner rather than later. A physician will consider your medical history and perform a thorough evaluation to identify the shoulder problem and design a treatment plan for you. The physician may refer you to a physical therapist for continued treatment.